

INTERESTS & ACTIVITIES TOOLKIT

FOR USE WITH PEOPLE WITH DEMENTIA

A GUIDE FOR STAFF & CARERS



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INTRODUCTION

This pack has been designed to assist Staff and Carers with engaging people in appropriate activities. Guidance is given, and certain parts of the pack can be photocopied and used as required.

The aim of putting this pack together is to show that activities do not have to be complicated nor carried out by qualified professionals. The overall purpose is to spend quality time with the person who is recognised as an individual. However there may be occasions when Specialist Occupational Therapy input is required, for example Grading Activity as part of a person's treatment plan or assisting with behavioural management. The Occupational Therapist can also be consulted to provide advice and suggestions on appropriate activities if required.

This pack has been designed predominantly for use with people with dementia, however can also be used with other client groups. The SIGN Guidelines (2006) recommend that recreational activities should be introduced to people with dementia to enhance quality of life and wellbeing.

This pack can be used on inpatient wards, care homes and within people's own homes. It is extremely important to set aside time to gather accurate information (especially on ward settings). The importance of involving Carers should not be underestimated as they usually know the person best.

Working examples have been given using Mr Brown, a fictional client aged over 65 with a moderate dementia. This will help demonstrate how to find relevant activities and apply these to an individual.

At the end of the day, it must be remembered that the main reason for using activities is to create enjoyment for the person!

REASONS FOR USING ACTIVITIES

Everyone needs to do things that keep them occupied and stimulated, and this is no different for people suffering from illness. The aim of participating in activities is to improve quality of life and provide enjoyment. When a person is engaged in activity, they can become more alert and interested in what is going on around them. This can also encourage interaction with others such as carers, staff and other clients. Engaging a person in activities can help maintain their skills and provide a sense of achievement.

It has been proven that activities are useful in helping to prevent and/or minimise challenging behaviour. Feedback from the inpatient settings show that activity during the day can contribute to better sleep patterns.

GUIDELINES FOR SELECTING ACTIVITIES

The most important factor when selecting activities is to recognise the person as an individual. Knowing the person's former lifestyle, work and interests mean that appropriate activities can be selected. For example, it would not be appropriate to select home baking with a retired Farmer who has never done this before.

When selecting activities, the person's current level of function must be taken into account. A person's level of concentration and physical ability must be considered. Some people interact well in group settings whereas other people require one-to-one contact.

A person with dementia may not remember everything about participating in an activity, however what is important is that they enjoyed it at the time.

Some people may not have the attention or concentration levels for longer sessions. However five minutes of being engaged in meaningful activity is better than nothing at all!



COMPLETION GUIDANCE

INTEREST CHECKLISTS

The Interest Checklist was originally developed by Matsutsuyu as a means of gathering data of a person's interest patterns and characteristics, which would be useful in clinical practice.

The Interest Checklist has been found to be a very worthwhile way of engaging with clients. It was often found that when a person is approached and asked what they are interested in, the response will be "nothing"! However when the Interest Checklist is used, it is quite usual for at least three or four interests to be identified.

Three Interest Checklists are enclosed in this pack for use as appropriate:

Interest Checklist 1 – The most in-depth interest checklist, which is more suitable for clients with quite good concentration. Specifies level of interest over past ten years, past year, currently and in the future (Checklist adapted from Kielhofner & Neville, 1983).

Interest Checklist 2 – Focuses on past, present and future interests.

Interest Checklist 3 – Least in-depth checklist where current interests are identified. Used most with clients with dementia and doesn't take too long to complete.

(All of the Interest Checklists leave space for additional interests to be filled in if not already identified).

When a client is unable to identify/communicate their interests, it is necessary to involve Carers in the completion of the Checklist. They are able to discuss the client's previous interests and lifestyle. This process has been found to be extremely worthwhile, it provides a talking point as well as opportunity to reminisce.



COMPLETION GUIDANCE

ACTIVITY TIMETABLE

After completing the Interest Checklist, an Activity Timetable can then be compiled using the interests identified. The aim of the Timetable is to provide the person with stimulation and structure to their week. This should also help focus Staff or Carers to make a conscious effort to engage with the person.

An example of a completed timetable for Mr Brown has been included in the pack. The timetable is used as a guide for Staff/Carers to initiate activities with Mr Brown. It is very much client-led and slots have been left for him to select his own activities from the Interest Checklist. The timetable should be used in a client centred way and if the Mr Brown does not want to participate in an activity, he should not be forced, but approached again at a more suitable time.

ACTIVITY CHART

The Activity Chart has been used in the past on Cree West Ward, CRH and is self-explanatory. The ward setting is probably most appropriate for this as it can contribute to the client's overall assessment as well as providing a record of what they have been doing. The Activity Chart can be used to evaluate the person's performance during activity as well as the appropriateness of the Activity.

If a person is scoring 0 or 1 in all the sections, this may highlight that the Activity is not at an appropriate level. Conversely, if the person scores 3 in all the sections, it may be that the Activity is too basic. Therefore the Activities should be adapted whilst still incorporating the interests of the client.

COMPLETION GUIDANCE

ADAPTING ACTIVITIES

A client (and or carer) may identify a certain Activity, which the person used to enjoy and would like to participate in again. However they may no longer have the same functional ability as previously. In this case, the activity should be adapted in order to suit the level the client is at.

Examples of how activities have been adapted for Mr Brown have been included in the guidance. Reading the newspaper is a commonly identified activity, however people with memory problems may not have the motivation or concentration to do so on their own. In this case, Staff/Carers should initiate this task with the person and go through the newspapers with them. Conversation can be encouraged about relevant topics and this is part of reality orientation. It was noted on the Interest Checklist that Mr Brown worked outside most of his life. This can be adapted to spending time in the garden, which is a sensory experience for him.

Most Activities can be easily adapted to meet client need.



INTEREST CHECKLIST – 1

NAME:..... DOB:.....

ACTIVITY	WHAT HAS BEEN YOUR LEVEL OF INTEREST						Do you currently participate in this activity?		Would you like to pursue this in the future?	
	IN THE PAST TEN YEARS			IN THE PAST YEAR			YES	NO	YES	NO
	STRONG	SOME	NO	STRONG	SOME	NO				
GARDENING										
SEWING										
PLAYING CARDS										
CHURCH ACTIVITIES										
RADIO										
WALKING										
DANCING										
GOLF										
FOOTBALL										
MUSIC										
PUZZLES										
PETS										
FILMS										
SWIMMING										
BOWLING										
VISITING										
CHESS/DRAUGHTS										
READING										
TRAVELLING										
HOUSEWORK										
MODEL BUILDING										
TELEVISION										
CONCERTS										
POTTERY										
IRONING										
POLITICS										
TABLE GAMES										

ACTIVITY	WHAT HAS BEEN YOUR LEVEL OF INTEREST						Do you currently participate in this activity?		Would you like to pursue this in the future?	
	IN THE PAST TEN YEARS			IN THE PAST YEAR			YES	NO	YES	NO
	STRONG	SOME	NO	STRONG	SOME	NO				
CLUBS										
SINGING										
CLOTHES										
CRAFTS										
CYCLING										
THEATRE										
BIRD WATCHING										
EXERCISE										
WOODWORK										
POOL/SNOOKER										
DRIVING										
TENNIS										
COOKING										
BAKING										
HISTORY										
COLLECTING										
FISHING										
SCIENCE										
SHOPPING										
PHOTOGRAPHY										
PAINTING										
DRAWING										

DATE COMPLETED:

INTEREST CHECKLIST – 2

NAME:..... **DOB:**.....

ACTIVITY	PAST	PRESENT	FUTURE
GARDENING			
SEWING			
PLAYING CARDS			
RADIO			
WALKING			
WRITING			
DANCING			
GOLF			
FOOTBALL			
LISTENING TO MUSIC			
SEWING			
PUZZLES			
PETS			
FILMS			
SWIMMING			
BOWLING			
CHESS/DRAUGHTS			
READING			
TRAVELLING			
HOUSEWORK			
WRESTLING			
MODEL BUILDING			
TELEVISION			
CONCERTS			
POTTERY			
CAMPING			
IRONING			
POLITICS			
TABLE GAMES			
CLUBS			

INTEREST CHECKLIST – 3

NAME:..... **DOB:**.....

GARDENING		PHOTOGRAPHY		SCIENCE	
SEWING		RADIO		PAINTING	
WRITING		WALKING		PLAYING CARDS	
FOOTBALL		DANCING		GOLF	
PETS		PUZZLES		MUSIC	
TENNIS		WILDLIFE		FILMS	
READING		BOWLING		CHESS/DRAUGHTS	
WRESTLING		TRAVELLING		HOUSEWORK	
CONCERTS		MODEL BUILDING		TELEVISION	
DIY		POTTERY		THEATRE	
CAMPING		POLITICS		TABLE GAMES	
CRAFTS		SOCIAL GROUPS		SINGING	
RACING		CYCLING		BIRD WATCHING	
SNOOKER/POOL		EXERCISE		COLLECTING	
COOKING/BAKING		DRIVING		SHOPPING	
FISHING		HISTORY		DRAWING	

ADDITIONAL INTERESTS:

DATE COMPLETED:

INTEREST CHECKLIST – 3

NAME: *Mr Jack Brown* DOB: *11/11/1935*

GARDENING	✓	PHOTOGRAPHY		SCIENCE	
SEWING		RADIO		PAINTING	
WRITING		WALKING	✓	PLAYING CARDS	✓
FOOTBALL		DANCING		GOLF	
PETS		PUZZLES (<i>Word Search</i>)	✓	MUSIC	
TENNIS		WILDLIFE		FILMS	
READING (<i>Daily + Local paper</i>)	✓	BOWLING	✓	CHESS/DRAUGHTS	
WRESTLING		TRAVELLING		HOUSEWORK	
CONCERTS		MODEL BUILDING		TELEVISION	
DIY		POTTERY		THEATRE	
CAMPING		POLITICS		TABLE GAMES	
CRAFTS		SOCIAL GROUPS		SINGING	
RACING		CYCLING		BIRD WATCHING	✓
SNOOKER/POOL		EXERCISE		COLLECTING	
COOKING/BAKING		DRIVING		SHOPPING	
FISHING	✓	HISTORY		DRAWING	

ADDITIONAL INTERESTS:

Mr Brown worked outside most of his working life. He enjoys being out in the fresh air.

DATE COMPLETED: *18/09/2009*

TIMETABLE

NAME:..... DOB:..... DATE COMPILED:.....

	A.M.	LUNCH	P.M.
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

TIMETABLE

NAME: *Mr Jack Brown* DOB: *11/11/1935* DATE COMPILED: *18/09/2009*

	A.M.	LUNCH	P.M.
MONDAY	<i>Walk to collect the newspaper</i>		<i>Game of cards</i>
TUESDAY	<i>Word-search</i>		<i>Clients choice from Interest Check-list</i>
WEDNESDAY	<i>Clients choice from Interest Check-list</i>		<i>Time in the garden</i>
THURSDAY	<i>Reminiscence Group</i>		
FRIDAY			<i>Quiz Group</i>
SATURDAY	<i>Walk to collect the newspaper</i>		<i>Fishing Magazines</i>
SUNDAY	<i>Feed the birds</i>		

ACTIVITY CHART

NAME:..... DOB:.....

DATE	ACTIVITY	ORIENTATION	INTERACTION	PARTICIPATION	CONCENTRATION	RELAXATION	COMMENTS

ORIENTATION

Did the Client understand the activity?

Not at all:	needed help:	slight promoting:	fully
0	1	2	3

INTERACTION

To what extent did the Client mix with the group?*

0	1	2	3
---	---	---	---

RELATIONSHIP

Did the Client take part effectively?

Little response:	passive:	active with prompting:	fully active
0	1	2	3

CONCENTRATION

To what extent did Client pay attention to the activity?

Paid no attention:	some, but poor for long periods:	paid attention start to finish	
0	1	2	3

RELAXATION

Could the Client stay relaxed enough to enjoy the activity?

Agitated:	most often restless:	mostly able to relax:	fully calm and relaxed
0	1	2	3

IMPORTANT - Remember to record occasions when Client has refused to take part in an activity.

Please use the comments column to elaborate on the answers given in the above sections.

* Where the activity was purely on a one to one level and not a group then please remark on the interaction of the Client in the comments column

ADAPTED ACTIVITY SHEET

NAME:..... DOB: DATE COMPILED:.....

ACTIVITIES CARRIED OUT:

ADAPTED ACTIVITIES AS REQUIRED:

ADAPTED ACTIVITY SHEET

NAME: *Mr Jack Brown* DOB: *11/11/35* DATE COMPILED: *16/10/09*

ACTIVITIES CARRIED OUT:

Gardening -

- * Planting up flowerpots*
- * Planting in raised flower bed.*
- * Feeding the birds.*

Newspaper -

- * If manageable distance to walk accompany to purchase newspaper.*
- * Browse through the newspaper.*

Word-search -

- * Manage to find a few words independently.*

Fishing Magazines -

- * Browse through the pages.*
- * Encourage and prompt to chat about fishing experiences.*

ADAPTED ACTIVITIES AS REQUIRED:

Gardening -

- * Encourage and assist in identified tasks. (as above)*
- * Accompanied short walks around the garden.*
- * Sit in the garden and encourage chat about the surroundings i.e. trees, flowers, sounds + scents etc.*
- * Chat about gardening experiences.*

Newspaper -

- * If unable to walk the distance - offer a wheelchair, go by public transport or where possible by car*
- * Sit with client, look through newspaper and encourage conversation about relevant topics (Reality Orientation).*

Wordsearch -

- * Staff to encourage and assist by giving clues.*

Fishing Magazines -

- * Encourage client to look at pictures, prompt and remind of previously told fishing stories*

DEMENTIA SPECIFIC ACTIVITIES

Certain approaches and Activities are particularly relevant for clients with dementia and will be mentioned briefly. These are Reminiscence, Life Story Work and Cognitive Stimulation & Reality Orientation.

REMINISCENCE

People with dementia can often remember the distant past more easily than recent events. If a way can be found to trigger pleasant memories, the person can become more lively and interested. Exploring past memories gives the person a sense of identity, which in turn boosts self-esteem. However it must also be remembered that not all memories are good ones (such as wartime) and people may not wish to explore these. Gathering information about the person and appropriate planning should avoid this happening.

(Walsh 1993)

On the whole Reminiscence has been found to be a very rewarding experience, a great way of stimulating conversation and learning about people. This can be carried out in many different ways for example through music, objects, photos and pictures. Reminiscence boxes are also available through local museums and games/quizzes are available to buy in various catalogues, shops or online.

DEMENTIA SPECIFIC ACTIVITIES

LIFE STORY WORK

Life story work can help with reminiscence as well as providing accurate information for people who may interact with the client. Different formats can be used such as boxes, albums and scrapbooks and can include photographs, letters, certificates and other memorabilia (remember to label the photographs in case the person cannot remember and gets distressed). The life story should be tailored to the individual person and could include some of the following information:

- Name and DOB
- Family
- Schooldays
- Occupation
- Hobbies & Interests
- Places lived
- Pets

Any other relevant information and visual topics can be included. This can travel with the person and will provide a talking point for anyone new they meet. People are often very proud of their Life Story Work and are happy to show and discuss them.



DEMENTIA SPECIFIC ACTIVITIES

COGNITIVE STIMULATION & REALITY ORIENTATION

Cognitive stimulation may occur informally through recreational activities, or formally through:

a programme of memory provoking, problem-solving and conversational fluency activities

the spaced retrieval method

face name training

(SIGN 86 Management of patients with dementia 2006)

The Activities already mentioned in this pack can be carried out by carers, trained or untrained staff and will provide people with cognitive stimulation on an informal basis.

Reality Orientation is the archetypal approach to cognitive rehabilitation in dementia (Holden & Woods, 1995). Taulbee and Folsom (1966) described Reality Orientation as a technique to improve the quality of life of confused elderly people (Spector et al 2001). The purpose of Reality Orientation Therapy is to reorientate the person by means of continuous stimulation and repetitive orientation to the environment. This approach should be carried out by a skilled practitioner, on an individualised basis (SIGN 86).

Reality Orientation can be carried out less formally through Life Story Work, Newspapers and during conversation.

There is much more information available on the above approaches and Activities, which can be obtained through further reading. It is mentioned in the SIGN Guidelines that Life Story books and Reminiscence lack clinical effectiveness for the treatment of people with dementia. However based on therapists experience and observations, people with dementia get a lot out of these Activities if applied in the correct way.

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FURTHER READING

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www.alzscot.org.uk

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ILLUSTRATIONS

Illustrated by Ogilvie Design Limited

